



BPS Wellness Program Updated 9/17/2018

Wellness Committee 2018-2019

Chairperson:	Reggie Flesvig, Assistant Principal
Member:	Hope Andrews, Director of Food Services
Member:	Amy Stouder, Cafeteria Account Secretary
Member:	Nicole Stevens, Corporation Nurse
Member:	Mark Yoder, High School Physical Education and Health Teacher
Member:	Aaron Perch, High School Physical Education and Health Teacher
Member:	Matt Moyer, Grade 7 / 8 Physical Education and Health Teacher
Member:	Viki Brown, Grade K-5 Physical Education Teacher
Member:	Alex Robinson, 6th Grade Physical Education and Health Teacher
Member:	Emilio Garcia, 5th Grade Student
Member:	Rhys Miller, 7th Grade Student
Member:	Samantha Slos, High School Junior
Member:	Deanna Stiles, Parent (K-8)
Member:	Laura Barnes, Parent (K-12)
Future Member:	Taylor Alvey, K-8 Guidance Counselor
Future Member:	Amber Lawmaster, High School Guidance Counselor
Future Member:	Teresa King, High School Guidance Counselor
Future Member:	Beth Huppert, High School Family and Consumer Science Teacher

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Introduction: Bremen Public Schools is committed to providing an environment that promotes and protects children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Bremen Public Schools plays an important role in the developmental process by helping students establish their health and nutrition habits by providing nutritious meals and snacks throughout the schools' meal programs, by supporting the development of good eating habits, and by promoting increased physical activity both in and out of school.

However, Bremen Public Schools alone can not develop the students' healthy behaviors and habits with regards to eating and exercise. It will be necessary for the staff as well as parents and the public to be involved in a community-wide effort to promote, support, and model healthy behaviors and habits.

The school board has set forth the following goals in an effort to enable students to establish good health and nutrition habits:

1. **Wellness Committee:** Bremen Public Schools will engage students, parents, teachers, food service professionals, health professionals, and other interested community members in developing, implementing, monitoring, and reviewing district-wide nutrition and physical activity policies.
 - a. **Goal #1:** To gather stakeholders to review and update the BPS wellness policy. Stakeholders include food service personnel, administrator(s), school board member(s), physical education and health teachers, school nurse, interested staff members, students, parents, and other community members.
 - b. **Goal #2:** To meet as a committee twice each school year (September and March) to review and update the corporation wellness policy.

2. **Nutritional Guidelines for All Foods and Beverages Sold:** The food service program will comply with federal (USDA) and state regulations pertaining to the selection, preparation, consumption, and disposal of foods and beverages as well as with the fiscal management of the program. The food service program may invite students, parents, staff members, and other school officials and community stakeholders to help with the selection of competitive food items to be sold in schools.
 - a. **Goal #1:** To accommodate the religious, ethnic, and cultural diversity of the student body in meal planning.
 - b. **Goal #2:** To provide a clean, safe, and pleasant setting for students to eat meals.
 - c. **Goal #3:** To provide adequate time for students to eat meals.

3. **Nutritional Guidelines for Non-Sold Foods and Beverages:**
 - a. **Goal #1:** All parents and staff members who supply snacks for the classroom are encouraged to provide healthy food choices.

- b. **Goal #2:** School staff members may communicate with the food service director before providing food to students to make sure that the items meet the USDA requirements by using the Smart Snack calculator.

4. **Food and Beverage Marketing:**

- a. If Bremen Public Schools advertise food and beverage products, the school(s) shall advertise only those foods and beverages that meet the Smart Snacks in School Nutrition Standards.

5. **Nutrition Education:**

- a. **Goal #1:** Middle school students (grades 6-8) will analyze their diets and show an understanding of how to improve their diet choices.
- b. **Goal #2:** Middle school students (grades 6-8) will understand the risks of having a nutrient-deficient diet.
- c. **Goal #3:** High school students will analyze their eating and hydration habits, including how to make good nutritional choices, and examine their motivation for eating.
- d. **Goal #4:** High School students will demonstrate the ability to practice health-enhancing behaviors regarding nutrition to reduce or avoid lifestyle diseases.

6. **Nutrition Promotion:**

- a. **Goal #1:** Cafeteria and school staff will encourage students to increase their consumption of healthful foods during the school day and at home.
- b. **Goal #2:** Cafeteria and school staff will encourage students to give healthy choices a try.
- c. **Goal #3:** Regular announcements about smart choices will be made to students and posted in the schools' weekly bulletins.

7. **Physical Activity:**

- a. **Goal #1:** A comprehensive physical education program shall be provided for students in K-12 in accordance with the physical education academic content standards adopted by the state.
- b. **Goal #2:** The school shall provide age-appropriate physical activities. Examples include recess during the school day, intramurals, clubs before and after school, and interscholastic sports that meet the needs of students, including males, females, students with disabilities, and students with special health care needs.

8. **Other Activities:**

- a. **Goal #1:** All parents and school staff members who supply snacks for the classroom are encouraged to provide healthy food choices.
- b. **Goal #2:** School staff will reach out to the food service director before selling food to students to make sure that the items meet USDA nutrition requirements.

9. **Evaluation:** The *Wellness School Assessment Tool* (WellSAT) evaluation tool will be utilized to measure and evaluate the local wellness policy.
 - a. **Goal #1:** The wellness committee will meet to complete the five (5) categories of the WellSAT.
 - b. **Goal #2:** The BPS safety committee works on goals to establish safe routes to school for walkers and bike riders.

10. **Communication:** Bremen Public Schools will annually inform and update parents, students, staff, and the community about the content and implementation of the local wellness policy.
 - a. **Goal #1:** After school board approval, the BPS wellness policy will be added to the corporation website, shared with parents via mass email or in a newsletter, and posted on social media site(s).
 - b. **Goal #2:** The wellness committee will meet twice each school year to make sure all of the goals set forth in the policy are being met.

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